HONORABLE JOSEL POBERTO A-LANGE BTH CIRCUT COURTS DISTRICT OF SOUTH DAKOTA PIERRE, SOUTH DAKOTA

JAN 24 2020

DEARSIR, JUST A FEW LINES TO LET YOU KNOW HOW I'M JOING, OVER 30 DAYS AGO, I COTINIO IT WITH & BLACK GILYS, THAT BEEN GIVING ME A HARDTIME ONE OF THE GUYS CAME UP TO ME AND HIT ME ON THE STOR OF MY FACE, THE TWO OTHERS CLOSED THE DORN UNIT DOOR SO THE BURNED OR NURSE COULDN'T SEE WHAT WAS GOING ON, I THOUBET I WAS GOING TO BE JUMPES OR BEATUP. THEY AN WERE AT MY BED AREA THE CONTHAT HET ME, WANTED ME TO APOING ZE OR HE WAS GOING TO KILL MC\_I BUSS HE SAID I CAUSE HIM A NAME. I WAS CHANGING MY CLOTHES TO PUT THEM INTO THE LAUNDRY CART THEY WERE GAUGE ME NAMES, CAUSE IT WAS CHANGING IN FRONT OF THEM, TOAT ON MY BED AFTER HE HIT ME, THEY ALL STOOD AROUND ME, HE KEPT TRYING TO HIT MEAGAIN AND APOLLOGIZE, I BLOCKED HIS OTHER HIPS AND TO THEM TO LEAVE ME ALONG. THEY BACKED OFF, AND LEFT ME ALONE BUT BLOCKED AN WAYOUT. SO I CONTINUED TO GET MY LAUNDRY REACTY FOR WASH. AFTER ALTHIC WHILE, THEY MOVED AWAY FROM MY BED, SO I GRAB MY LAUNDRY, AND LEFT MY LOCK IN MY SOCK IN MY LOCKER, AND WENT COWN TO THE OFFICE TO BEK TO BE MOVED BECAUSE I SIDN'T FEEL COMFORTABLE THERE IN THAT AREA. NO GUARD THERE SO I ASKED THE PURSE TO HEIPME. THE OUARD CAME BACK, SO I FULL HEM WHAT HAPPENUL, OTHER GUARDSAND THE LUTIENANT, TOOK MY REPORT AND TOOK THE GUY THAT ASSUALTED ME TO LOCK-UP. THEN TOOK DICTURES OF MAJ FACE AND SAID-I HISTOGOLOCK-UP TOO, FOR A INVESTIGATION, SAY ITS A PROCEDURE. I THOUGHT I WIS DOING THE PIGHT THINK BY REPORTING THE INDICENT, THIS HAPPERIN DOCA 5, 2019 AND IM GOING CRAZY SHILL SITHING HERE IN LOCK-UP. I FEEL IM AT THE POTTOM OF THE BARREY, I STARTED A NEW LIFE, TURNING MY Life to God, lord Tesus. In Bring MISTREATED as A DIALYSIS PATIENT, BAREN HANDLING IT IN THE LOCK-UP. A INVESTIGATOR CAME A-WEAK AGO, TOLD HIM WHAT HAPPENS, HE SAND HE WIK GOING TO MIKTO THE OTHER GUY. I LET HIM KNOW, HE SUBST HURT ME AND I CONT WANT TO HAVE ANY BALL FEELINGS TOWARD ANYONG I'M NOT LIKE THAT ANYMORE, I AIGO TOLD HIM, I CONT WISH FOR HIM TO BE LOCKED UP AND HAD NO PROBLEM WITH HIM. HE GAID OK, HELP YOU GEFOUT FRIDAY, THAT WIS DIST FREDAY. THE CHAPLAIN HAS BEEN COMING TO SEE MESCAUSED HAVENT BEEN TO ->

CHURCH OR SWEATLOGGE, WESLY PRAYERS AND SAYS TO HANGEN THERE I TOW HIM OF MY PAST AND WANTING CHANGE, RIGHT OR WRONG IM FORGIVING PEOPLE THAT I HURT OF THAT HURT MG. THE GUARDS SAY THICKTOST WARNEL FOR SIGNATURES AND TOAN GO BACK TO MY DAIT, THAT WAS LAST WEEK, SOMETHING ABOUT THE MOLIDAYS PUT THING BEHING. IAM HAVING ALOT OF ANXIETY AND DE PRESSION, I'M NOT A LOWED AMY PHONE CAUS OR COMMISSARY I KNOW MY FAMILY MIKT BE WORRISH DECAUSE I USVATIO CAIL ALMOST EVERY DAY. THE GUARSE AND NORSES ARE RUGE, AND GONT LIKE TO BE DOTHERED by anyong, Its hard Living Like This, I do ALOT OF PRAYING FOR EVERYONE, EVEN YOU TO HAVE MERCY FOR ME AND OTHERS, JUST KNOWING GOD'S PRESENCE, KEEPS ME STRONG ENOUGH TO KEEP MYSELF FROM GOING DISAIN. I KNOW MY LIFE MATTERS , JUST GO TO KEEP ON STRAGITIONS THE RES ROAD. WIGHT FIRST GOT HERE, I WROTE TO THE PRESIDENT OF THE UNITED STATES AND HIS STATE WRATE ME BACK A-COUPLE MONTHS LATER, THEY SAY THEY WILL bet my helice to him. That was a dig supprise to like. It wrote alim active about which a DREAM HE WAS STILL PRESIDENT, AFTER THE IMPERCHMENT. I WROTE TO MEASE COUNTY IN STUREIS SD, TO GIVE ME ANOTHER CHANCE IF IT WE TO GET OUT. IT GET THE MONEY TO PAY MY FINES CEE, MY TAI DE SAYS THAY WILL HELP ME. ITS MY THOPE THAT YOU CAN HELP ME DOBLE DAY, PEOPLE CAN CHANGE FOR THE BETTER. I HELP A LOT OF PEOPLE IN MET IN CHURCH HERE I'M IN A WHEEL CHAIR FOR NOW, BUT WILL PRABLY NEED A WALKER FOR NOW ON. MY HEATH-SEEMS TO BE GETTING WORST BUT I KNOW T NEED DIALYSIS TO LIVE, I'M NOT SCARED AD DIG ANYMORE, BUT IN CONCENTRATEN ON GETTING OUT TO SPEND MY LAST DAYS SERVING GOD AND BEING WITH MY FAMILY SOME CAYS I CANT EVERY GET INT OF SED AND WIDERY ABOUT HOW MUCH LANGER I GOT LEFT TO LIVE ROFTER HAVE BAY DREAMS OF THOSE BLYS WHO CAME INTO MY HOME AND STADDED ME UP TRYING TO WORK ON THAT ZEBUE WHAA COUSOTER. I MISS MY DISTER STACY IN RAPID CITY AND WORKY ABOUT MY ELDERLY MOTHER TOO I STHEWARD LIKE A CHANGETO RE ON HOUSE APREST IN PLEARE, I CAN RENT DAY OWN PLACE THERE AND GO TO DIAMSISTHERE, I WOULD GO NOTHING DIT GOOD FOR MYSELF. NOTHING GOING ON HERE WITH THIS OVER CROWDING AND UNIGERSTATEFED. AND THE HEALTH CARE WOULD BE BETTER FOR METHAN HERE. IMPOTTRES OF SUPPERING, THE CHAPLAIN GAVE ME A I'VEATO WRITE A BOOK ABOUT MY LIFE, AND TURNING TO GOD IX MY SAVIOR, IT MAY HELD OTHERS COLANG THRU STATURE ISSUES.

MY FAMILY ON MY DAGS SIGE, WANTS ME TO COME BACK TO NARTH DAKOTA, THEY HEE GOOD PEOPLE. MAY AUNITY MOM JOANN YOUNG BITE I ARE CLOSE TO ME, I WORDY ABOUT HER, SHEE SICK IN WITH CANCER. AFTER MY ASSAULT, THAT HASDENED TO ME IN EAGLE BUTE, IT WASH MER A DRILL GEAL GOME WRONG, K+ WAS OVER LORI ROBTALLEGIR, I OWED HER MONEY. PEVEN GORDERING + HER SON PAYTON BARRETIVET CHING AFTER ME CAUSE I GOT MAND AT HER CAUSENT COMMANT PAY HER JOB CLEANING UP FOR ME. AND BOYAN BY MAS HER NEW BYTHISHISHE AMON TEN HIM I WAS TOST HER FRIENCE ANJWAY AFTER THAT HAPPEND TO ME, IN AUNTY JOANN, WHINTED ME OUT OF EACH & BUTES SHE PAID FOR MY RENT + deposits, THATS VAY I MOVED TO MANDAN ND. I QUIT EVERY THINK THAN , WAY LAND - Loped was a presenter and was Helphule me too, I didn't know I was hidicited them, the I WENT TO CHECK ON MY MOTHER IN ENGLE POSTE, I GOT STOPPED AND TOOK TO PTERRE. MY DAGS 5 SISTERS, MY AUNITS AN LOOK AFTER ME, THEY ALL NEVER DEANY OR DIE JEWS, THEY ARE DEVOTED CHUNCH GOORS, ETRY AND TO ASK FOR HELD FROM THEM, THE THE OLDEST GRANILLESS FOR MY CACLS & MOTHERS SIZE STATES AWAYS LOOKING AFTER ME, I HAVE DAUGH RESPORT FOR THE ON THE Y-KNOW IM A GOOD DEASON ATHEART. I MISS THEM ANDT. GODSHOWED ME EVERYONE DESERVES ASECOND CHANCE, Maybe you can be the JUDGE TO DE THE FIRST TO HELP A MATTINE AMERICAN A SCEON O CHANCE? THEO PROUD OF BEING AN AMERICAN INCHANGE SECENDANT OF SOME FARMOUS CHIEFS. FIGH THO, WE HAVE HISTORY BETWEEN WHITE AND ENGLANS, WE ARE STILL PEOPLE, MY Grand papert taught me to be for each and to be Humble, spiritual. Not an people are bad, some just MAKE A FEW MISTARES AND NEROLA DOOST IN THE RIGHT OF RECTIONATION THE PATH COLLABORATEGUS HAS GIVEN MC FATHITH THAT I WIN FIND AGROANCHANCE SAAN, CO THRU THE GRACE OF GOD I KEEP PRAYING AND WILL CONTINUE TO FOLLOW ALS SPINITUAL WAYS TO FREEDOM A HAPPINGS AGAIN. THE CHAPLIN CANGTO SEE ME AGAIN, SAYS I AR DACK ON POPULATION, THEY WERE STIST CONCERNED FOR MY SAFTY WITH THE OTHER SIMS INVOLVED AND ME REPORTING THEM. I LET HIM HOW IN NOTATRAID TO FORTHEM. WELL SIR I BOTTOR CETTIFIE IN THE MAIL AND HOPE IT REACHES YOU'N AGOND WAY. GOD BLOCK YOU FENTLY. Shicepelin PASIM 23 ANY JUDIAN MAME -JOHN 3:16 1-26-20 Kobe BYANT

## LETTERS TO THE EDITOR

## Meth destroys lives and families, is not the Lakota way

Dear Editor,

My name is Waylon Young Bird I am an exmember of CRST. This is an apology letter to the people, family, and friends of CRST to say I am very sorry to everyone I've hurt through my drug and alcohol use. I was addicted to methamphetamine (crystal meth) and alcohol, a legal drug. Both are very hard to get off, there in the free world.

I have disappointed a lot of my people, and carry a lot of shame and regret.

For the people that are still suffering, there is help out there and family that care for you. It sometimes takes someone else to see you need help, if you can't see yourself. This drug and alcohol use is not our traditional or cultural ways, at all. These drugs destroy families and your health, it has taken quite a toll on my health and well-being.

I used to take drugs because of changes in my way of life, to fit in, escape or relax, relieve boredom, to rebel against family problems or just to experiment. Loss of loved ones was a major one to me.

Whether you inhale, smoke, inject or take it orally, it is dangerous. You may develop a strong desire to continue using it because the drug creates a false sense of happiness and while it brings a rush (strong feeling) of confidence, hyper activeness and energy, it results in loss of appetite, rapid weight loss and teeth too.

The first experience might feel pleasurable, but it's just the beginning of a user's life being destroyed. This drug is used by all ages, youth and older people, people who work near you, stores, shops, offices and even law enforcement, are people who use but all try to fool themselves and others. But eventually, it will catch up with the user sooner or later, it is highly addictive.

I am not aking studies to how it affects the health and destroys families and lives. I am in Narcotics Anonymous and AA meetings, and could use some support. If you would like to write me to give encouraging words or if you have any questions that may help you in any way, please write.

Meth only leads to problems, hospitals, or death. And if you continue to use, you may end up in trouble with law, in court, treatment, or prison. Think of your kids and family because you may not receive a second chance. Thank you! Take care of each other.

To write and support or if you have any questions, here is my address:

Waylon M. Young Bird #04082-073 Medical Center for Federal Prisoners (MCFP) P.O. Box 4000 Springfield, MO 65801

> Sincerely, Waylon Young Bird

WAYLON YOUNG BIRD 04082-073

Medical Center for Federal Prisoners P.O. Box 4000 Springfield, Missouri 65801-4000 SPRINGFIELD NO EX

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TO: HONORABLE JUDGE ROBERTO A LANGE

8TH CYRCUIT COURTS 16. FEDERAL BUILDING

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PIERRE, SD, =57501=

LEGAL MAIL

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